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What we claim is as follows:

- 1. Process for producing a cold-rolled strip or sheet of steel with good deforming properties, which is 5 subjected to recrystallizing annealing and, operation appropriate, a dressing after rolling, coiling and cold rolling and has a bakehardening potential after a subsequent deformation subsequent temperature treatment, for a 10 characterized in that the recrystallizing annealing is carried out in a bell-type furnace while coiled and in that the strip or sheet is subjected to cooling at a cooling rate of ≥ 1°C/s after the recrystallizing annealing from a temperature T of $200^{\circ}C \leq T \leq A_1$. 15
 - 2. Process according to Claim 1, characterized in that the temperature is $T \ge 450$ °C.
- 3. Process according to Claim 1 or 2, characterized in 20 that the strip is cooled to ≤ 150°C after the recrystallizing annealing while coiled and subsequently subjected to brief annealing at the temperature \mathbf{T} for an annealing ٥f 25 ≤ 20 minutes by reheating the uncoiled strip.
 - 4. Process according to one of Claims 1 to 3, characterized in that the annealing period of the brief annealing is chosen between 2 minutes and 5 minutes.
- 5. Process according to one of Claims 1 to 4, characterized in that the cooling from the temperature T is performed at a cocling rate of ≥ 2°C/s.
 - 6. Process according to one of Claims 1 to 5, characterized in that the strip or sheet is dressed before the brief annealing.

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- 7. Process according to one of Claims 1 to 6, characterized in that the strip or sheet is dressed after the brief annealing.
- 8. Process according to one of Claims 1 to 6, characterized in that hot galvanizing of the sheet or strip is used as part of the brief annealing.
- 10 9. Process according to one of Claiπs 1 to 8, characterized in that a steel with a C content of ≥ 0.02% is used.
- .10. Process according to one of Claims 1 to 9, 15 characterized by the use of a steel grade which has been selected from the steel grades 5t12 to St15, 2StE and ZStE1.
- 11. Cold-rolled strip or sheet with good deforming properties, which can be produced by the process according to one of Claims 1 to 9, with a bake-hardening potential after a subsequent deformation and for a subsequent temperature treatment and with a C content of ≥ 0.02% and with cementite precipitations in the matrix and at the grain boundaries.
- 12. Strip or sheet according to Claim 11, produced from a steel of the steel grade 5t12, S:13, St14 or 30 St15.
 - 13. Strip or sheet according to Claim 11, produced from a steel of the steel grade ZStEi.
- 35 14. Strip or sheet according to Claim 11, produced from a steel of the steel grade ZStE.

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- 15. Strip or sheet according to one of Cla:ms 11 to 14, characterized in that it has a hot-galvanized surface.
- 5 16. Strip or sheet according to Claim 15, characterized in that it is dressed after the hot galvanizing of the surface.
- 17. Stove-enamelled sheet, produced from a strip or sheet according to one of Claims 11 to 16, with a yield strength significantly increased by the stove-enamelling.